

JULY

BEAT PREDIABETES NEWSLETTER

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MORNING FUEL WITHOUT THE FUSS

Building a glucose-friendly breakfast without turning on the stove is achievable by focusing on the "trinity" of metabolic stability: fiber, protein, and healthy fats. When you eliminate high-glycemic, processed carbs, like sugary cereals or white toast, and replace them with these core nutrients, you slow the rate at which glucose enters your bloodstream. This prevents the sharp insulin spikes that often lead to mid-morning fatigue and hunger. Instead of a quick energy dump, your body receives a steady, sustained release of fuel that supports brain function and keeps your mood stable throughout the morning.

The secret to a successful no-cook breakfast is assembly rather than cooking. By keeping a few staples

on hand, you can build a balanced meal in under three minutes. Consider Greek yogurt or cottage cheese as your protein base, topped with chia seeds or flaxseeds for fiber and omega-3s, and a handful of walnuts or almonds for crunch and healthy fats. Another excellent strategy is using overnight preparation; soaking rolled oats or chia seeds in unsweetened almond milk creates a creamy, nutrient-dense dish that is ready the moment you open the fridge. By prioritizing these high-satiety ingredients, you can start your day feeling energized rather than sluggish, effectively managing your glucose levels without any effort at the stovetop

RECIPE INSPO

Grilled Peach Caprese Salad 6 servings

Ingredients:

2 to 3 heirloom tomatoes
3 peaches
1 Tbsp olive oil
8oz burrata cheese
2 Tbsp balsamic vinegar
½ cup basil leaves, roughly chopped
¼ tsp black pepper
½ tsp salt

Instructions

Heat a grill pan or outdoor grill to medium-high. Cut the peaches down the center and around, remove the pit, and slice into ½ inch slices. Brush with oil and grill about 2 minutes per side. Remove from grill. Slice the tomatoes and arrange tomatoes and grilled peach on a platter. Break the burrata over the top of the tomatoes and peaches. Drizzle with vinegar, then sprinkle with basil, black pepper, and salt on top. Enjoy!

Per Serving: 164 calories; 9.5g total fat; 5.8g saturated fat; 120mg sodium; 13.9g total carbs; 1.9g fiber; 5.8g protein

WHAT'S IN SEASON & HOW TO USE IT

Peach picking anyone? At the height of summer, peaches contain an "almost too good to be true" flavor, it's no wonder some shoppers make the trip to the farmers market just for them!

Peaches are often used in baking dishes like cobblers, crisps, or pies. But, you can also include them in making fresh peach salsa, a topping on a salad, or crafting homemade jams or preserves!

For breakfast, you can slice them fresh over oatmeal, blend them into smoothies, or even make peach toast with ricotta cheese! Peaches are truly so versatile!

FITTING IN FITNESS

Sure, we all know that moving our bodies helps our glucose. But that doesn't mean you've learned how it fits into your life! Try these options out this week to see what feels right for you!

1. Have you noticed that those days are a bit longer lately? Instead of curling up on the couch right after dinner, taking a quick walk around the block can help you manage your glucose even better and since the sun is still out, you can get a boost of vitamin D while you're at it!
2. YouTube! I gravitate toward this personally. When it's hot outside or early in the morning, I'll search "10-minute no-equipment workout" and choose one that I've never done before. Dancing, yoga, strength training, general cardio, anything that comes up I'll try. At the worst, I had a boring 10 minutes but at least I moved my body!
3. Video games! Grab the Wii or the Kinect and play a fitness game for a little while. You can even challenge your friends!

FACEBOOK QUOTE HIGHLIGHT

"I've found popcorn to be a better option for me when I have a sandwich for lunch, pretty good replacement for my usual bag of potato chips.

- Sarah S.

Sometimes we may want to break a habit that we feel is holding us back. Whether it's ice cream, chips/crisps, crackers, bread, or brownies, it doesn't matter. But if we get it in our heads that we need to break that habit, it feels like restriction is the only way. But sometimes finding a replacement with a bit more nutrient density (meaning more vitamins, minerals, fiber, protein, etc. per serving than whatever you're replacing) can really help you scratch the itch with less of an impact on glucose! Sarah gave a great example recently where she replaced her potato chips with popcorn successfully. This doesn't mean we can't have chips sometimes, just that replacing the most common choice with something more nutrient-dense helps us maintain balance while honoring our taste buds! What replacements have you found helpful?

Moving more is definitely important, but you don't want to dread those workout sessions. Try something that helps you fit in fitness without feeling like it's the worst part of your day. Consider gardening, swimming, a walk along the water, bird watching throughout the park, or even walking around a store with AC! And if it still doesn't feel fun, try something new! Remember, the goal is just to move, so there are a million ways to do it!

I honestly don't even know where this month went! We've been so busy trying to cram as much fun into summer as possible, but the time is just melting by. Do you ever feel that too? See time just whizzing by and wondering where it went? I see it clearly in the aging of my boys. They are growing up so quickly. The oldest is so excited for kindergarten and the youngest thinks he's going too (spoiler: he's not. I'm keeping him home with me at least one more year before preschool). They are super into making robot vacuums (like Roomba) out of cardboard and making a big mess with cut up paper and picking it all up (usually ... sometimes ... okay fine, the real vacuum cleans up part of it most times. But they have a blast so whatever). And they are SUPER into fire alarms right now. They point out every pull station, sprinkler, and strobe light wherever we are. It's amusing and so funny to see other people laugh when they realize what they are talking about. They seriously know their stuff.

As for food, we've basically been cleaning out our freezers from all our cookbook testing leftovers and just some random throw-together recipes with a random frozen chicken breast or bag of rice that needed to be used up. I did make a really great sheet pan dinner that got my whole family eating beets though! It was a bag of frozen "root vegetables" from Walmart, plus a head of fresh broccoli, a package of chicken apple sausage, and a drizzle of oil, garlic powder, black pepper, and a small sprinkling of cinnamon and I just baked it in the oven until all the veggies were done. We really enjoyed that one!



E-COOKBOOK UPDATE

Have you seen my posts about my upcoming e-cookbook? This virtual cookbook can be your new kitchen buddy so you can confidently try new recipes to expand your meal plan! These recipes are created with balance in mind. A couple of my favorites (okay ... I love them all) are Asian Fusion Beef Bowls, Eggplant Pesto Roll Ups, and Broccoli Cheese Oatmeal Bake! I can't wait to learn which recipes are YOUR favorite!

Love, Kara